

IN THE SPECIFICATION

Please amend the Abstract at page 12, lines 2-14, as follows:

*A1*  
~~The invention relates to a~~ A work table, ~~consisting of~~ includes a frame (1) with a vertical central column (5) as well as a base (6) and a ~~height and tilt adjustable~~ work surface (3), which is fastened to a support element (9). The height and angle of the work surface are adjustable. ~~The invention is characterized by the fact that~~ A joint seating device is provided on the an upper end of the central column (5) ~~a joint seating device (7) is provided, about whose horizontal axis (17) a~~ and a swivel arm (4) is arranged in a pivoting manner about a horizontal axis of the joint seating device, ~~wherein the~~ The swivel arm (4) contains another rotary joint (18), about whose horizontal axis (19) the support element (9) and the work surface (3) connected with it are arranged in a pivoting manner. ~~With this work table, a user can easily and quickly realize a change in the working position (upright sitting position, tilted back almost lying position, standing position).~~

(Fig. 1)